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- Long-Term Care Ombudsman
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- Happy Hoofers
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Los Gatos Senior Center Newsletter

January / February 2005

The Los Gatos Senior Center

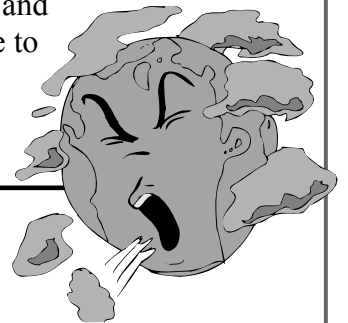
This year, make a New Year's resolution to become familiar with all the services and programs available to Los Gatos seniors! The Los Gatos Senior Center is open from Monday through Friday from 8 AM to 5 PM. You can always find someone to help you in person or over the phone with your questions and concerns.

The Center has a wide variety of information for seniors. Help is available with questions on Medicare supplemental insurance. We have trained volunteers to help you with income or homeowner's and renter's tax filings. You can purchase discounted BART tickets (age 62+) and even get you hair cut free of charge by local stylists!

If you are looking to become more social, or learn something new in 2005, we can help. The Center offers classes in every-

thing from Line Dancing to Computers. Join us on Wednesday morning for a friendly game of cards and stay for lunch with the Live Oak Nutrition Program, the best lunch deal in town! If you are a cinema buff, meet us in the Lounge of the Neighborhood Center to see a top rated movie on our large screen television. Every three months we have a dance with a live band. It is a great opportunity to meet some new friends, listen to great music, or do a little dancing.

The Senior Center is here for you. Call us at (408) 354-1514 or come by 208 East Main Street and see what we have to offer.



Flu Shots

There are flu shots available. The Santa Clara County Department of Public Health, located at 976 Lenzen Ave., San Jose, has the shots through its walk-in clinic. The clinic is held Monday, Tuesday, Wednesday and Friday from 8:30 AM to 11:30 AM or 1:00 PM to 4:00 PM. The clinic is also open on Thursdays from 1:00 PM to 4:00 PM.

Health Tip

We were all taught that to be polite, we should cover our mouths when we cough. Usually, we raise our hands to our mouths, but then we have a handful of germs and contaminate the next thing we touch - which is often the next hand we shake. Instead of coughing into your hand, you can cough into your elbow! Give it try this cold and flu season.

Salute! To Your Good Health, *By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center*

How much do you know about your mouth and teeth? When we think about nutrition, we spend a lot of time talking about what types of foods to eat for optimal health. The health of your gums, teeth and mouth can affect the types of food you are able to eat, therefore affecting your overall nutritional health. The best solution to good oral health is to take care of your teeth from a young age, eat a balanced diet, brush and floss at least twice a day and see a dentist 2-3 times a year! Brushing helps to decrease plaque and reduce cavities above the gum line. Flossing helps to break up plaque below the

gum line and limits the growth of the harmful bacteria that causes gum disease. Gum disease is the nation's leading cause of tooth loss and is demonstrated by bad breath, shiny swollen gums that bleed easily and pain when chewing.

Even if you have dentures, visiting the dentist assures that you have a proper fit to avoid gum irritation, swelling and sores. Dentures that fit well allow you to chew your food properly so you can safely swallow. You will also be able to eat a wide variety of foods if your dentures fit properly. Daily cleaning of dentures can prevent infection and irritations of the gums that cause painful eating.

Your dentist can also check your mouth for lumps, white and red patches, or abnormal discoloration of the mouth. These symptoms, along with difficulty swallowing, can be signs of tumors of the mouth, salivary glands or other serious illness. If you are on medications that cause dry mouth, talk to your dentist or doctor about ways to alleviate this symptom. The more you know about oral care and oral health, the better your overall health will be.

Contact Live Oak Senior Nutrition or the Senior Center for a quick quiz on proper tooth and mouth care.



Food Program Seeks Volunteers to help deliver goods to Senior and Youth Programs

The Town of Los Gatos' Food Match program is looking for additional volunteers to take surplus baked goods from local businesses to people in need throughout the Town.



The volunteers would pick up day-old baked goods, which would otherwise be thrown out, from stores, and deliver them to local programs that serve those in need.

"The Food Match Program is one way of reducing what lands in the local landfill", says Lauren Tacké, Recycling Coordinator for the Town of Los Gatos. Its other purpose is to give still-usable food to those in need.

For more information call Lauren Mende Tacké, Community Services Department at 399-5796.

The Home Depot and AARP: "Shaping Homes. Shaping Lives."

Following the successful launch of a national hiring partnership earlier this year, The Home Depot®, the world's largest home improvement retailer, and AARP® announced an exclusive multi-year, multi-faceted agreement expanding their relationship to include a number of educational, merchandising and marketing initiatives designed for AARP members and all customers of The Home Depot.

In February 2004, The Home Depot announced the formation of a national hiring partnership with the AARP Foundation. Through that agreement, The Home Depot works with the AARP Foundation Senior

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Did You Know?

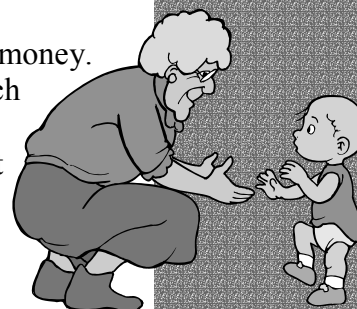
Grandparent Visitation Rights

Most grandparents visit with their grandchildren whenever they want to. They plan fun activities for the children. They send cards and emails. They take the kids on trips. They may even spoil the grandchildren a little bit. Many provide day care. Others help raise their grandchildren. All this helps keep families strong.

Sadly, some grandparents don't ever see their grandchildren because the children's parents or legal guardians won't let them. This happens for many reasons: there might be bad feelings between the grandchildren's parents and grandparents; the children's parents could be divorced; or, maybe one parent has died. It may be that the parent who has custody may want to break ties with the grandparents.

Are you having problems seeing your grandchild? The first thing you need to do is learn about the visitation laws in the state where your grandchild lives. No state law is going to automatically give you the right to visit your grandchild, but in some states you can hire a family law attorney and go to court to ask for visitation. In those states, a judge will make the final decision after looking at your family situation. A family law attorney can tell you whether the grandparent visitation law in the state where your grandchild lives has been upheld or made invalid by the courts.

Before you decide to go to court for visitation remember going to court costs money. It can also be very upsetting. Try some other ways to resolve the problem such as using a trained mediator. Mediators help people come to an agreement. Each side gives a little and each side wins something. This option doesn't cost as much as hiring a lawyer. It could help you see your grandchild, and it could also help keep you out of court. To find a trained mediator you can call the court house, look in the yellow pages, or search on the internet.



The Home Depot and AARP: "Shaping Homes. Shaping Lives." *continued from page 2*

Community Service Employment Program (SCSEP) to attract, motivate and retain eligible older workers as full- and part-time associates in new and existing stores across the country.

In addition to the special values and activities planned for AARP members, the strategic alliance is designed to provide products and information to mature Americans who wish to remain in their homes and "age in place." AARP and The Home Depot will focus on ways for older customers to achieve their goals for home modification as well as modernization.

Among the key elements of the expanded alliance, The Home Depot will pilot an in-store information resource center in 2005 for age 50+ adults and all individuals who are looking for ways to live independently in their homes. The special information center may include brochures and materials on such topics as universal design and home modification. The Home Depot will offer a national home modification workshop and an annual grandparents/kids workshop, both debuting in 2005.

Weekly Senior Programs at the Neighborhood Center

Line Dance:

Class designed for those with some line dance experience and those who wish to add to their repertoire.

Line Dance (Beginning):

For those with little or no experience.

Tai Chi at High Noon:

Learn ways to relax, revitalize, and have fun!

Meditation:

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

EZ Hands-On Computers:

Basic computer skills designed with seniors in mind.

Watercolor Painting (Beginning):

Learn fundamental techniques with step-by-step instruction.

Watercolor (Advanced):

For those who have had previous experience in watercolor painting.

For dates, times, and fees, please contact the Los Gatos Recreation Department, (408) 354-8700.

ART IN THE COUNCIL CHAMBERS Presents Oil Paintings by:

**Mimi Kearns & Karen
Garappolo**

**Exhibit Dates:
Jan. 7—Feb. 24**

**Reception:
Friday, January 14
6:00 pm to 8:00 pm**



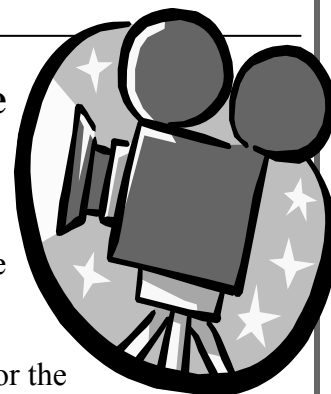
Senior Center Information

Los Gatos Senior Center
Located in the Neighborhood Center
208 E. Main Street, Los Gatos, CA 95030
Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8 AM to 5 PM
Phone: (408) 354-1514
Email: lgallo@losgatosca.gov
Website: www.losgatosca.gov

Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). January's movie will be **Spider-Man 2** and in February we will be showing **Bourne Supremacy**.



**Please join us for lunch and a movie, or just a movie and snack.
Enjoy our big screen movie experience!**

Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at lgallo@losgatosca.gov.

Name: _____
Address: _____
City: _____
State / Zip: _____
Phone: _____ Email: _____

Return completed form to: Los Gatos Senior Center,
208 E. Main Street, Los Gatos CA 95030